



National Nutrient Database for Standard Reference  
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Statistics Report 35205, Stinging Nettles, blanched (Northern Plains Indians)

Report Date: July 16, 2017 06:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	87.67	2	--	85.13	90.22	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Energy	kcal	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	175	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein <sup>1</sup>	g	2.71	2	--	2.17	3.24	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Total lipid (fat) <sup>1</sup>	g	0.11	2	--	0.07	0.14	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Ash <sup>1</sup>	g	2.03	2	--	1.89	2.16	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	7.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary <sup>1</sup>	g	6.9	2	--	4.8	9	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sugars, total <sup>1</sup>	g	0.25	2	--	0.22	0.27	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Sucrose <a href="#">1</a>	g	0.10	2	--	0.07	0.12	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) <a href="#">1</a>	g	0.07	2	--	0.07	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Fructose <a href="#">1</a>	g	0.07	2	--	0.07	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Maltose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	481	2	--	452	510	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Iron, Fe <a href="#">1</a>	mg	1.64	2	--	1.26	2.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Magnesium, Mg <a href="#">1</a>	mg	57	2	--	54	60	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Phosphorus, P <a href="#">1</a>	mg	71	2	--	56	87	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Potassium, K <a href="#">1</a>	mg	334	2	--	316	352	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sodium, Na <a href="#">1</a>	mg	4	2	--	4	4	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Zinc, Zn <a href="#">1</a>	mg	0.34	2	--	0.31	0.36	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Copper, Cu <a href="#">1</a>	mg	0.076	2	--	0.07	0.09	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Manganese, Mn <a href="#">1</a>	mg	0.779	2	--	0.59	0.97	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Selenium, Se <a href="#">1</a>	µg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.008	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Riboflavin <a href="#">1</a>	mg	0.160	2	--	0.15	0.17	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Niacin <a href="#">1</a>	mg	0.388	2	--	0.37	0.41	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin B-6 <a href="#">1</a>	mg	0.103	2	--	0.1	0.11	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Folate, total <sup>1 a</sup>	µg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folic acid <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food <sup>1</sup>	µg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Choline, total <sup>1</sup>	mg	17.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine <sup>1</sup>	mg	21.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	µg	101	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Carotene, beta <sup>1</sup>	µg	1150	2	--	1,098	1,202	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Carotene, alpha <sup>1</sup>	µg	114	2	--	56	171	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta <sup>1</sup>	µg	0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	2011	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene <sup>1</sup>	µg	0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin <sup>1</sup>	µg	4178	2	--	3,338	5,018	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) <sup>1</sup>	µg	498.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

#### Footnotes

<sup>a</sup> Includes only 5-methyl tetrahydrofolate (THF).